

AMENDMENTS TO THE CLAIMS

Please replace all prior claim listings with the following claim listing.

Listing of the Claims:

Claims 1-5. (Canceled).

Claim 6. (New): A method of improving cutaneous peripheral blood flow comprising administering an extract of a plant of the genus *Lepidium* of the family *Cruciferae*, as an active ingredient, to a human subject in need thereof to improve cutaneous peripheral blood flow.

Claim 7. (New): The method for improving cutaneous peripheral blood flow according to claim 6, wherein the plant of the genus *Lepidium* of the family *Cruciferae* is maca (*Lepidium meyenii* Walp).

Claim 8. (New): The method of improving cutaneous peripheral blood flow according to claim 6, wherein a maca extract is the active ingredient.

Claim 9. (New): The method of improving cutaneous peripheral blood flow according to claim 8, wherein the maca extract is obtained by adding an aqueous ethanol solution to a crushed maca product to form a mixture, and by maintaining the mixture at 40°C to 85°C for extraction.

Claim 10. (New): The method of improving cutaneous peripheral blood flow according to claim 6, wherein cutaneous peripheral blood flow is digital peripheral blood flow.

Claim 11. (New): The method of improving cutaneous peripheral blood flow according to claim 10, wherein digital peripheral blood flow is peripheral blood flow of middle finger tip.

Claim 12. (New): A method of improving skin disorders comprising administering an extract of a plant of the genus *Lepidium* of the family *Cruciferae*, as an active ingredient, to a

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human subject in need thereof to improve skin disorders caused by disturbed peripheral blood flow.

Claim 13. (New): The method of improving skin disorders according to claim 12, wherein skin disorders are frostbites, chilblains, or chaps.